

Diabetes

Life Lines



August/September 2008

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Diabetes - the Medical Perspective

We all know that smoking is bad for your health. Most of the bad effects are related to the lung and heart. Diabetes increases the risk of heart disease. For those that have diabetes, this risk may be increased.

Smoking affects the smaller blood vessels. So does diabetes. Together, they can make vision problems worse, raise your risk of gum disease, increase damage to your nerves, and lead to serious foot and leg problems, like infections, ulcers, and poor blood flow.

People have a hard time quitting for many reasons. Tobacco is highly addictive and it is a big part of everyday life for smokers. Before you quit, study your own smoking habits.

Here are some tips to help you quit:

1. Get ready
2. Get support
3. Talk to your doctor about counseling and any medications to help you quit
4. Learn new skills and behaviors

There are many benefits to quitting smoking. You'll save money and feel better. If you have high blood pressure, quitting smoking should help control your blood pressure. If you have high blood cholesterol levels, quitting smoking can help this as well.

Quitting smoking is hard. The American Diabetes Association suggests that counseling and helping those who smoke be part of routine care for those who have diabetes.

Additional help is available through the Illinois Tobacco Quitline. Call 1-866-QUIT-YES for help quitting.



Diabetes and Food



If you smoke, you may be worried about gaining weight when you quit. The average person who quits smoking gains about 7 pounds.

You can minimize weight gain while quitting smoking by increasing physical activity and trying to stay with your meal plan. Talk to a dietitian about including some “rewards” for yourself as you work on quitting smoking.

Tips for staying on your meal plan:

- Drink lots of water
- Watch your portion sizes
- Avoid unplanned snacking
- Don't reach for food when you used to reach for a cigarette
- Reward yourself with non-food bonuses or treats

Exercise for Living

Exercise can be an important part of quitting smoking. Exercise can distract you from your cravings, it can help you to relax, and it can help to prevent weight gain after you quit.

Quitting smoking can be very stressful. Stress in people with diabetes can alter blood glucose levels. A great way to relax when you are stressed is by moving through a wide range of exercise or body motions. You can loosen up through movement by:

- Circling
- Stretching
- Shaking

Make exercise more fun by adding music. Make sure you get your body moving every day. Think of small changes you can make to become more physically active like:

- Take a walking break at work
- Lift weights while watching TV
- Make a family walking date
- Do some household chores
- Take the bike instead of the car

Be sure to talk to your doctor before beginning an exercise program.

Recipes to Try

Caribbean Salsa Salad

10 1-cup servings

2 cups cooked brown rice
1 15-ounce can black beans,
rinsed & drained
2 cups chopped tomatoes
1 cup chopped bell pepper
2 chopped green onions

1 tablespoon chopped fresh
cilantro
1 cup frozen corn, thawed
1 cup salsa
4 ounces cubed low fat
Monterey Jack cheese

1. Combine all ingredients in a large bowl except salsa and cheese.
2. Gently stir in salsa and cheese. Serve at room temperature immediately or chill.

Total preparation and cooking time: 30 minutes.

Per serving:

Calories	134	Fat	4 grams
Protein	6 grams	Calories from fat	27%
Carbohydrate	21 grams	Cholesterol	10 grams
Fiber	25 grams	Sodium	295 mg

Strawberry Smoothies

4 6-ounce servings

8 ounces plain non-fat yogurt
1/4 cup fat-free milk
Sugar substitute to equal 1 tsp. of sugar

3 cups sliced strawberries
1 cup ice cubes

1. Combine yogurt, milk, sweetener and half the strawberries in blender container; blend for 1 minute.
2. Add remaining strawberries and blend until smooth.
3. Add ice cubes one at a time, blending until slushy.

Total preparation and cooking time: 10 minutes

Per serving:

Calories	77	Fat	1 grams
Protein	4 grams	Calories from fat	7%
Carbohydrate	15 grams	Cholesterol	1 gram
Fiber	3 grams	Sodium	50 mg

Menu Suggestion

BREAKFAST	Amount/Portion
Strawberry smoothie*	6 ounces
Whole wheat toast	2 slices
Whipped margarine	2 teaspoons
Egg	1

451 kcal, 63 gm carbohydrate, 4 carb units

LUNCH	
Caribbean salsa salad*	2 servings
Baked tortilla chips	18
Cantaloupe	1/4 melon
Non-fat milk	1 cup

532 kcal, 91 gm carbohydrate, 6 carb units

DINNER	
Healthier Swiss steak*	1 serving, 3 ounces
Two potato bake*	1 serving
Green salad with calorie-free dressing	1 cup salad
Skim milk	1 cup
Graham cracker date pudding*	1 serving

620 kcal, 85 gm carbohydrate, 6 carb units

Total: 1603 kcal, 239 gm carbohydrates, 16 carb units

Meals may also include a calorie-free beverage (diet soda, tea, coffee, etc.).

*Visit www.urbanext.uiuc.edu/diabetesrecipes/ for recipes in menu above.



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Local Events



Diabetes Support Group

Diabetes Support Group will meet on August 19th, 2008 at 7 pm in the Clay County Health Department conference room. The topic for discussion will be Carbohydrate Counting and Fast Food. Deb Harris, RN BSN CDE will be speaking. Carbs are not bad, they just have to be counted appropriately. Come and get some hands-on experience with counting carbs. Free Fast Food and Carb Counting Guides will be available.

Skin Care will be the topic for Diabetes Support Group on September 16th, 2008 at 7 pm. The speaker will be Deb Harris, RN BSN CDE . Support Group will meet at the Clay Co. Health Dept. in the conference room. Diabetes can have negative effects on your skin. Come and learn what you can do to keep your skin in good shape.



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Git R Done!!

This month's column features Gracie Vest. Gracie lives alone with her dog Sassie and her bird. Besides diabetes, she faces many other challenges. Gracie has diabetic retinopathy, is blind in her left eye, and only sees shapes in her right eye. She was also facing more restrictions to her diet related to failing kidneys, so she had to learn how to restrict potassium in her diet. She has had diabetes for about 23 years. Because of her limited vision, her granddaughter was drawing up her insulin for her and leaving it in her refrigerator. She was able to give her own dose of insulin once a day, but she was dependent on others to do this for her. She was also taking pills for her diabetes. She was having wide swings on her blood sugars, being up in the 200 level in the evenings and going low almost every night.

She was working with Clay County Health Department's Home Health program for nursing care. The Home Health Nurses referred Gracie to Deb Harris with the Diabetes Program. Deb started working with Gracie to make sure she was following her diet and trying to make some "sense" out of her blood sugar readings. With Dr. Lueking's help, the team came up with an insulin regimen that was tailor-made for Gracie.

She went from the syringe and vial insulin where she had to

depend on someone else to help her, to Novolog 70/30 Flexpens twice a day. She was thrilled when she learned that she could dial her dose of insulin and count the clicks on the pen to determine her dosage. Because the numbers on the dial were large, white numbers on a black background, she was able to double-check them with a magnifying light that she uses.

She continued to work with Deb and now feels comfortable adjusting her insulin up or down a few units, depending on what her blood sugar is and what she is going to eat. Instead of having the wide rollercoaster feeling of being high and low all of the time, her blood sugars are more stable, and she has energy.

Now when I go to see her and Sassie, she is moving around better, laughing and enjoying life. At first, it was a little intimidating for her to make adjustments in the insulin, but with continued telephone support from Deb, she is making those changes and staying on top of her diabetes.

**Way to go, Gracie!
We are so proud of you.**

If you would like to have more information on insulin pens to help ensure more accurate dosing, give Deb a call at 662-4406 x 109.

Do you have a success story? If you do and would like to share it, give Deb a call at 618-662-4406.



No more Toes and Towels @ CCHD

The Clay County Health Department will not be having Toes and Towels clinics any longer. Former participants in the Toes and Towels program may qualify for this service to be provided by a Podiatrist if they meet certain qualifying conditions and are on Medicare. Dr. Timothy Sehy is a Foot and Ankle Physician and Surgeon. You can call the Clay County Hospital Clinic at 618-662-2191 to see if you qualify. He maintains office hours at the clinic on Mondays.



Karen Hanebrink, Registered Dietitian, will be in the office on Friday, September 19th. If you would like to make an appointment for a consultation, please call Stacy at 618-662-4406 ext. 155. Medicare pays for 2-3



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hours of Medical Nutrition Therapy per year. Take advantage of these services and get some good ideas on staying on track with meal planning.



Upgrading to the Computer

Would you like to receive the Diabetes Lifelines Newsletter by Email? To receive this service, give Stacy a call at 618-662-4406 ext. 155 and give her your Email address or Email Stacy at sray@healthdept.org. If you don't have Email or don't want to use this new service, we will continue to send the newsletter to you by mail. We will be beginning this new service with our October issue.



REMEMBER



The Clay County Health Department will be closed on Monday, September 1st in observance of Labor Day.



Clay Co. Health Dept.

Diabetes Education Program

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Diabetes Program Hours
Monday – Wednesday
8:00 am – 5:00 pm

